



*The Path
to Your
Ascension*

Rediscovering Life's
Ultimate Purpose

Annice Booth

BASED ON THE TEACHINGS OF MARK L. PROPHET AND ELIZABETH CLARE PROPHET

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SUMMIT UNIVERSITY  PRESS®

THE PATH TO YOUR ASCENSION:

Rediscovering Life's Ultimate Purpose

by Annice Booth

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*To Mark and Elizabeth Prophet,
my gurus, my teachers, my role models,
my examples and my dearest friends—
with all my love and gratitude
for showing me the path to the ascension
and telling me that I can make it if I TRY!*



The future is what you make it, even as
the present is what you made it. If you
do not like it, God has provided a way
for you to change it, and the way is
through the acceptance of the currents
of the ascension flame.

—*Serapis Bey*

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Preface

*A*s I sit here in my home in Montana and gaze upon the mountains covered with snow, my meditations center on the soul's ascent to God.

I am reminded of the song of the Psalmist, "I will lift up mine eyes unto the hills from whence cometh my help. My help cometh from the LORD which made heaven and earth."¹ And all I can do is cry out from a heart full of love and gratitude, "O God, you are so magnificent!"

I shall always remember the day I met Mark and Elizabeth Prophet, truly a milestone in my life. I came from a Christian Fundamentalist background and later studied the teachings of Unity. But not until I discovered the teachings of the ascended masters given through their messengers did I realize that after hundreds, perhaps thousands of lifetimes on this earth, at long last I was offered the chance to return home to God in the ascension at the close of either this or the next embodiment.

We all know that Jesus made his ascension. But what many of us have not known is that each one of us is meant to follow his example and ascend back to the heart of God, victors over time and space.

Of course, I speak here of the ascension of the soul perfected in love and not the ascent of the physical body. As the apostle Paul said, "Flesh and blood cannot inherit the kingdom of God."²

The Christian church has kept this great truth of the soul's ascent from us simply because many of the teachings of Jesus have been lost or mistranslated. But now, beginning in the twentieth century, the ascended masters are showing us how to walk the path to the ascension and how to overcome the trials of everyday life and transcend the limitations of our physical bodies.

We have all sensed that there must be something better than

the life we are leading but we haven't quite known how to find that something better. I have learned much truth over the years through my study of the masters' words and by pondering the mysteries of life in my heart. This book is an attempt to explain what I have learned in simple terms.

From my very first contact with the ascended masters, I knew their teachings were true. Mark Prophet once told me to trust my intuition and listen to my heart. So what I am offering you in this book is what my heart has confirmed and what I have endeavored to apply in my own life.

This book on the path to the ascension is drawn from lectures that I gave at Summit University over the past twenty years. It has also been inspired by memories of my experiences with the masters in their etheric retreats.

I have made no attempt to write in an erudite literary style. Instead I have been deliberately conversational, just as though you had invited me into your living room and we were sitting before the fire discussing the path to the ascension.

In this book we will follow a group of souls who meet nightly at the Ascension Retreat while their bodies are asleep. Serapis Bey, the master who presides over the Ascension Temple, employs an interactive method of teaching his students who aspire to be candidates for the ascension. I invite you to join us.

At the back of the book, you will find a glossary of esoteric terms, and I have also included there a bibliography of books and tapes for further study.

You may choose to complete the exercises included in the workbook. They provide an opportunity to assess your progress on the path to the ascension and they guide you to see some aspects of your personality that may need attention.

As often happens in private conversations with fellow seekers, I have emphasized the keys that I feel are significant. You might find it helpful to underline certain passages in the text and make a list of those points that you feel are keys to your own ascension.

I am writing this book out of my gratitude to the masters for having been fortunate enough to discover these great truths. I also write it because God's love impels me to share with you what I know can give you your ultimate freedom and immortality. It is my hope that through these pages God will speak to your heart as the ascended masters have spoken to mine.

May God richly bless you,

Annie Booth

CHAPTER ONE



Finding the Purpose of Life

This is the story of the soul—your soul, my soul, millions of souls who are searching for immortality. We all know that there is something more to life than the physical, everyday existence we are leading. But what is that something? How do we achieve it? Where do we begin?

Come with me as we search for answers in the teachings of the great masters of wisdom. First, let us understand that the journey did not just begin in this lifetime. We are old souls, and this is the first lesson the masters teach us.

We have lived in many ages and in many climes. We have been saints and sinners. We have been young and old. We have had lives of wealth and lives of poverty; we have had lives of success and lives of failure, lives of beauty and lives of degradation. We have seen civilizations rise and fall.

In fact, to be as near the end of our search as I believe we are today, we have looked far and wide and have learned many lessons. We have also failed some lessons and have had to take them over again.

In this lifetime we stand at the threshold of immortality, ready to be taught the truth that we must transcend physical existence and make our ascension into the Light from which we came.

The Etheric Realm

We descended to earth a spirit spark from God and now, at long last, we are being offered a glimpse into the heaven-world of our origin. This higher world, although not visible to our outer sight, is peopled with myriad beings glowing with light and love—mighty archangels, angels, Elohim, cosmic beings and ascended

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masters, tiny elementals (nature spirits) and great beings of the elements who are masters of earth, air, fire and water.

The realm of the ascended masters can only be seen through the eyes of the soul as we raise our consciousness and center in our hearts. These great masters have offered to teach us a path that contains the necessary steps to find our way back to God's heart.

They teach our souls, either while our bodies sleep at night or during the time between embodiments. During the day, we are busily occupied with the necessary activities of daily life—working at our job, caring for our home and children, studying at school or university. Only in rare moments of quiet and meditation can our souls reach up to the etheric realm where the masters reside.

An Invitation

Our souls have been offered the great gift of being taught personally in the retreats by the great masters of wisdom. These retreats, called the Universities of the Spirit, are located on the etheric plane, a level above the physical that vibrates at such a high frequency that our eyes cannot see it. Yet the etheric realm is as concrete and real to the eyes of the soul as the physical world is to our normal eyesight.

The ascended masters who are our teachers have been men and women just as you and I are today. They have walked the earth throughout the ages and then, having mastered their energies and their environment, have ascended back to God. They faced the same problems we face today and have overcome them. Yes, Jesus was only one of many who demonstrated the ascension.

The masters have offered us the advantage of their attainment to help shorten our journey to immortality. All who sincerely desire to follow the path to the ascension are invited to attend these Universities of the Spirit, especially those who are willing to follow the precepts the masters teach. So come with me

tonight. Let's go to bed early this night so that our souls can travel in their finer bodies to the Ascension Temple over Luxor, Egypt.

Although the remains of a physical temple still exist at Luxor, we will be attending the spiritual retreat that is superimposed over the physical ruins. The flame of the Ascension is focused here, as Serapis Bey carried it to this location before the sinking of Atlantis.

Our souls are invited to come in their light-bodies to experience the first lesson that the Ascended Master Serapis Bey, the master of the Ascension Temple, will teach. He will be our teacher tonight and for some time to come.

The First Class

We find ourselves in a beautiful white room with sparkling gold flakes in the walls. We feel the pulsations of the steely white fire of the ascension flame in another room that we are not yet qualified to enter. We realize that there are many other rooms in this complex that are used for specific initiations leading to the ascension. Other classrooms like ours are set aside for more advanced instruction.

A door opens and our teacher enters. Serapis Bey is clothed in a white linen robe that sparkles with light so dazzlingly bright that even the eyes of our soul can scarcely look upon him. A large yellow topaz secures his turban.

Serapis surveys the room with a warm smile of welcome and begins to speak.

“Greetings, devotees of my heart!

“It is important for you to come for assistance to our etheric retreat at Luxor as you strive to win your ascension both at inner and outer levels. In this way, you can apply what you have learned out of the body to your daily tasks and to your family relationships.

“From time to time I shall assign tutors to work with you and help you correct every step you may have missed on the

Path. Many other ascended masters have agreed to help me school your souls. You will enjoy meeting them, I am sure.

“And now, let us begin with the question you all have on your hearts at this time.”

As we sit at his feet, the question we have been asking ourselves is What is the purpose of life? Serapis knows the answer, “It is to prepare yourself for the ascension.

“The future is what you make it, even as the present is what you made it. If you do not like it, God has provided a way for you to change it, and the way is through the acceptance of the currents of the ascension flame.”¹

This simple truth spoken by the Ascended Master Serapis Bey is perhaps the most important concept we will ever hear at the Ascension Temple in Luxor. More questions come to our mind but at the moment this answer is sufficient for our meditation.

Reincarnation

Let's consider what the master meant when he said, “the present is what you made it.”

Serapis is teaching us the doctrine of reincarnation, a truth that is fundamental to our understanding of the path to the ascension. Reincarnation teaches that what we did in our previous lives has affected our present life today. It explains the seeming inequities of life, why some souls are born crippled or blind, why some have great creativity and special talents from an early age, why some struggle throughout their life just to eke out a living and why burdensome events occur in some lives whereas happy and carefree events fill the lives of others.

We realize as we ponder his statement, “The future is what you make it,” that this implies many of us must change our habits and our lifestyle. For to have the future we would like, we need a physical body as purified as possible. We need a healthy diet, exercise, sufficient rest, quiet time for meditation and prayer each day and a sincere desire to change our life.

His next sentence, “If you do not like it, God has provided a way for you to change it, and the way is through the acceptance of the currents of the ascension flame,” shows us that we really need to find out what the ascension is.

But our master says that this first lesson is enough for tonight. He wants us to meditate upon what he has given us and apply it in our daily life before we return to class again.

When we awaken the next day, most of us cannot remember the time we spent in the master’s retreat or the lesson we learned. However, our soul knows and remembers, for it is the soul the master is teaching.

As we go about our daily life, performing the same mundane tasks as always, something seems different. We feel more peaceful as though relieved of some of our previous stress.

Turning these new ideas over in our minds, we find that to fully assimilate the master’s teachings we need to set aside any preconceived notions, any doctrines or dogmas, worries, cares, concerns or questions we might have. We need to let our soul speak to us so that we may enter the happy state we once knew before we became entangled in the web of life on earth. Our soul has known from the beginning that her ultimate purpose is to ascend back home to God.

If we sincerely embark on this search for immortality, it can easily become an all-consuming task. But there is one pitfall we need to avoid, for El Morya, another of our ascended master teachers, says, “Your spirituality is expressed by your practicality.”

The plan is not for us to become hermits or recluses, concerned only with our ascension and concentrating on our spiritual life to the exclusion of our other responsibilities. The masters teach the middle way of avoidance of both fanaticism and indulgence as did Gautama Buddha.

To fully absorb the masters’ teachings, we must be well-rounded students, fully integrated in the world today and yet somewhat apart from it. As Jesus taught his disciples to be in the world but not of it, that is our assignment also.

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When Serapis Bey first came into the room, he appeared as a flame of white fire representing the great spirit of the discipline of the law. At the conclusion of the lesson, after he had established his presence with us, we saw him leave as a whirling, pink flame.

The delicate shade of this pink flame of love coming after the white fire of the ascension flame that he bears, shows the gentleness and the intensity of the love of Serapis Bey.

~If you wish to further enhance your study before proceeding to Chapter 2, you will find exercises on p. 218.

CHAPTER TWO



What Is the Ascension?

At last the long-awaited moment when our souls can attend our second class at the Ascension Temple has come! The master warned us to be patient and told us that we could not assimilate all the steps to immortality at once. But we are excited, for we now know that liberation is in sight.

Serapis Bey is our instructor for these introductory steps to the ascension. And well he should be, for he is the Master of the Ascension Temple at Luxor, Egypt.

As the master steps up to the lectern, he says with a smile, "Tonight I am sure you wish me to answer the question you asked the last time we met, 'What is the ascension?'"

"I cannot give you a simple answer, but I will present a few ideas for you to meditate on. I shall intersperse them from time to time with other instruction. Pay close attention so that you do not miss any of the keys to your ascension."

Keys to the Ascension

Serapis explains to us that the ascension in the light is our victorious return home to God. From the beginning it has been the goal of all life on earth.

The ascension is an upward spiraling that affects the entire being of man; yet the ascension currents can hurt no one. Through the flame of the ascension, we become one with our Higher Self and then with God the Father, our own I AM Presence. We are then filled with the light of the spiritual sun and can no longer remain bound to the gravitational pull of the earth.

As the unlimited power of God surges through our being, we will have no further need for a physical body. We will have transcended the limitations of time and space.

When we say, "God the Father," understand that we see God

as our Father-Mother God who is both masculine and feminine. Since gender-neutral language can be cumbersome and at times confusing, we shall use the pronouns *he* and *him* to refer to the Father-Mother God and in general to all individuals. In no way do we intend to exclude women or the feminine aspect of the Godhead.

And while we are about it, we shall use the pronouns *she* and *her* to refer to the soul, because each soul, whether housed in a male or female body, is the feminine complement of the masculine Spirit.

Even if you happen to be in a man's body this time around, your soul is feminine, and both men and women have masculine and feminine traits and characteristics.

The I AM Presence

Before I proceed further, I should like to explain the term *I AM Presence*. We will be using this name for God throughout our classes and I want to be sure you understand the true meaning of it. The I AM Presence is the individualized Presence of God focused for each individual soul. It is the God-identity of the individual.

I AM is the name of God given to Moses in the Old Testament. When he was asked to speak to the Israelites, Moses asked God what name he should use. God said, "I AM THAT I AM. Thus shalt thou say unto the children of Israel, I AM hath sent me unto you... . This is my name forever, and this is my memorial unto all generations."¹

When we say "I AM" we mean "God in me is." We should be careful to complete the sentence with only positive thoughts, because we are putting the power of God's name into those thoughts.

The Dossier on the Ascension

Serapis tells us that he has written the *Dossier on the Ascension*, a book for present-day seekers. He says that he has included in it much of the instruction that he gives to souls in his etheric

retreat when they are apart from their physical bodies. It also includes much of the training he is giving to us individually.

Serapis offers us these words from the Dossier.

“You need not expect, precious ones, that as the swoop of a great bird of paradise, Heaven will come down to you and raise you instantly up into the light. Each day you weave a strand of light substance back to the heart of your Presence by the shuttle of your attention. Each strand strengthens the anchor beyond the veil and thus draws you into a state of consciousness wherein God can use you more as an effective instrument for good.

“Let all understand, then, that the ascension is won just as much by good works and devotion to God, by service to your fellow men, by service to the light, by decrees offered for and on behalf of mankind, by healing service to those who require it, and by the many avenues of the Brotherhood, as it is won by a direct study of the mechanical process involved in the final ritual of the ascension itself.”²

Then Serapis gives us another major key from the Dossier: “There is no need to have a sense of struggle but only a sense of acceptance.”³ Saint Germain, another ascended master who will teach us as our class progresses, has also said more than once, “It is the sense of struggle that makes the struggle.”

Serapis would like us to meditate on this concept.

The Sense of Struggle

Much of the sense of struggle in our lives can be removed from us if we would be simple, childlike and accept our ascension as a gift of God. We could just say, “Thank you, Father. I want my ascension. I want it in divine order, according to divine direction and the will of God, whenever it will do the most good for the planet.”

Often we push away the good that comes to us by saying, “I am not worthy.” Yet a little child can accept a gift eagerly, with gladness and joy. We have been offered the ascension as a gift from God. And it is ours to accept with the same joy as a little

child—not questioning why this gift was given to us or whether we are worthy of it.

Saint Germain has made us the promise that if we apply the law, we can ascend in this lifetime. If we require another incarnation to fulfill our divine plan or our karma, we may make our ascension in the next life.

You must believe you can ascend. You have to ask for it. You have to work for it, and you have to accept it as a reality here and now, subject to when the Lords of Karma and your Higher Self want you to make your ascension. The ascension is the fulfilling of the law of God for every man.

The Lords of Karma

The Lords of Karma are a body of eight ascended beings of great attainment who form the Karmic Board. They dispense justice to this system of worlds, adjudicating karma, mercy and judgment on behalf of all who live on this earth.

All souls appear before the Karmic Board prior to each incarnation on earth to receive their assignment and karmic allotment for that lifetime. Following each incarnation, the soul again appears before the Karmic Board for a review of her performance.

These masters determine which souls will embody, when they will be born and where on the planet they will live. The Lords of Karma assign souls to families and communities, measuring out the weight of karma that must be balanced.

The Karmic Board, together with the person's I AM Presence and Christ Self, determines when the soul has earned the right to be free from the wheel of karma and the round of rebirth.

The entire record of all our past lives and our momentums of both good and evil must be counted. And when we have brought at least 51 percent of all the energy that has ever been allotted to us into balance with the purity and harmony of our God Self, we may be offered the gift of the ascension.

As we ponder this information, the master tells us that we

will discuss the subject of karma in depth in a later session.

From time to time, Serapis Bey invites other ascended masters in addition to Saint Germain to enter the retreat and teach. Such a master is Lord Lanto, who has great attainment on the wisdom ray.

Lanto speaks briefly. “Each day is an opportunity for the soul to attain an element of her eternal mastery. You do not pass in one moment from the human octave to the divine, but step by step you climb wisdom’s golden stairs.”⁴

The Ascension Is a Gift from God

In reality man is a flaming spirit who descended into physical form to master the conditions and trials of everyday life and his own lower self. When he has successfully overcome the human will, the human ego, the human intellect and has replaced them with their divine components, he can then ascend back to the heart of the Father—victor over time and space.

The ascension is the gift of God. It is given to us more by his grace than by our works, although both are necessary.

Membership in any specific church does not in itself guarantee our ascension. Devotees from all races and religions have been granted the gift of the ascension when certain requirements, (which we will discuss later), have been met.

The ascension flame is a flame of hope. We have hope because we have within us the divine memory of the ascension of Jesus the Christ. Our souls remember that Mary, the Mother of Jesus, and others who are unknown and unsung have also followed in Jesus’ footsteps as the true heroes and heroines of the world.

Jesus’ ascension is the matrix of the ascension of every other soul. His life was meant to be an example to us, and we are intended to ascend as he did. The mysteries of God’s creation are many, and Jesus unveiled for us one of life’s greatest mysteries.

The ascension is God’s desire for every one, and so all of Heaven stands ready to assist the man, woman or child who

seeks to express his or her true identity as a son or daughter of God. All life should welcome the opportunity we have been given to follow in the Master's footsteps. Jesus was a wayshower, one of many.

One of the lessons we learn this second night is that there are many more ascended beings than there are men and women living on earth now. We find that the Bible records but a few of the many who have ascended into the light.

The Ascended Beings

Men have ascended from all walks of life and from all the world's major religions. Enoch, the seventh from Adam, "walked with God: and he was not; for God took him."⁵ Elijah ascended into heaven in a "chariot of fire."⁶ Gautama Buddha achieved Paranirvana at the end of a long life of teaching his disciples. Mary, the Mother of Jesus, was assumed into heaven in the first century A.D. Padmasambhava, the ninth-century Tibetan teacher, took flight to his paradise at the conclusion of his life. We also know that Melchizedek, John the Beloved and Saint Thérèse of Lisieux ascended. But these are only a few of the many ascended saints and hosts of heaven. The sons and daughters of God throughout cosmos have been following the path of the ascension since the creation because it is the path of spiritual evolution.

The difference in vibratory rate between the human world and the ascended masters' realm makes it impossible for many to see the great hosts of heaven; but there are untold numbers of ascended beings who want to help the earth and await our prayers.

The problem is that our eyesight, vibrating at the level of earth, cannot see into the etheric realms and the heaven world because our normal range of vision vibrates only from the infrared to the ultraviolet spectrums. But there are some in embodiment who have clairvoyant vision and therefore can see the beauty of the inner realms.

The Law of Octaves

By the law of octaves, the ascended masters, angels and cosmic beings cannot enter our lives until they are invoked by us. We asked God for free will. He gave us that free will and we departed from our perfection, determined to lead our own lives. It has taken us many, many centuries to realize that perhaps we have made a mess of it. Now it is time to straighten things out and return to the Father.

Often we make more karma in a particular lifetime than we are able to balance. For it is possible to lose some of our good karma by outbursts of anger and other negative emotions. This certainly is a valid reason to keep a daily check on our thoughts, emotions and actions.

The kingdom of heaven is without end, and those who enter into the ascension are soon assigned to other tasks in the service of the light. Never fear that the ascension flame will cancel out your identity. Instead, it offers you a glorious new life. The main difference between life on earth and life in heaven is that in heaven the individual has infinite time and infinite energy at his command.

The entire class applauds as we realize the possibilities that are open to us. Each one thinks to himself, "Just imagine what a blessing it would be to have all the time I need to perform my spiritual tasks and never be tired again!"

We all straighten up in our seats and listen eagerly, certain now that we have found the Path for which we have been searching for centuries.

The Last Enemy to Be Overcome Is Death

Serapis Bey speaks to an eager class listening closely to his every word. He says that the last enemy to be overcome is death. Death is the absolute opposite of the ascension spiral. It is life that is reality not death.

Jesus proved conclusively that there is no death. Using the

resurrection flame and then later the ascension currents, he proved life to be the natural and death the unnatural state of being.

Remember that Jesus said, “Let not your heart be troubled: you believe in God, believe also in me. In my Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you unto myself; that where I am, there ye may be also.”⁷

Jesus expected us to follow in his footsteps when he said, “He that believeth on me, the works that I do shall he do also; and greater works than these shall he do because I go unto my Father.”⁸ Our assignment, direct from the Master, is to conquer the limitations of our physical bodies and ascend back to the Father as he did, victors over time and space.

Jesus wanted us to follow his example—to do as he had done and not to believe that he was the only one who could ascend to God.

We realize, then, at the conclusion of the night’s lecture that when we come to the retreat at Luxor as a candidate for the ascension, we are coming for the grand finale of our sojourn of hundreds and thousands of years on this earth.

Our souls rejoice that we are worthy to receive this promise of immortality and we all vow silently to make this our final incarnation on earth if it be the will of God for us.

~If you wish to further enhance your study before proceeding to Chapter 3, you will find exercises on p. 219.

The Path to Your Ascension

WORKBOOK

*I*t has been said, “When the pupil is ready, the teacher appears.” As you read this book, you may find that the material is familiar to you, for you have already prepared yourself in the past and are now ready to enter into a direct relationship with one or more of the ascended masters.

To further facilitate your study, I have prepared a series of exercises to supplement the information given in the text. You may want to read through the book once to familiarize yourself with the steps to the ascension, then turn to these supplemental pages as you reread the individual chapters and meditate on what each chapter means to you. You might also want to keep a notebook and add your insights to it as you go along.

On page 253 you will find a bibliography of books and tapes and following this I have included a glossary of spiritual or esoteric words. In addition, you may want to commune with your God Presence as you read the text, and you may ask the ascended masters to teach you directly or indirectly, as they choose.

Whether or not you do the exercises, you will want to ask each night before you retire for your soul to be taken to the ascended master retreats for further instruction. Here you can attend classes at inner levels while you sleep (just as we did throughout this book).

In *The Chela and the Path: Keys to Soul Mastery in the Aquarian Age*, the Ascended Master El Morya gives us a formula we can use to travel to the retreats. He explains that we can travel to other ascended masters’ retreats by inserting the name of the master of our choice. If you make the following invocation before you retire, the angels will take you to El Morya’s retreat in Darjeeling, India:

In the name of the Christ, my own Real Self, I call to

the heart of the I AM Presence and to the angel of the Presence to take me in my soul and in my soul consciousness to the Retreat of God's Will in Darjeeling.

I ask that my four lower bodies be charged and recharged with the will of God and the blueprint for my fulfillment of that will. I ask that I be given the formula for my victory. And I ask that all information necessary for the fulfillment of my divine plan be released to my outer waking consciousness as it is required. I thank thee and I accept it done in the full power of the risen Christ.

Chapter One

1. What does "immortality" mean to you?
2. What is the purpose of your life? Have you defined your goals specifically and made plans to fulfill them within a certain timeframe?

For many years I have had a sign over my desk that reads: "The ascension: The goal of life." It is in a position where I see it many times a day. Often it helps to have a visual reminder of our goal.

3. Is one of your goals to become an ascended master?

I have been able to number among my friends several who have ascended. The process of the ascension is not an impersonal event but is actually happening today. I desire with all my heart to someday become an ascended master, if God wills it, and I want as many of you as possible to receive these truths so that you can also ascend.

4. What does the following quote by Serapis mean to you?

"The future is what you make it, even as the present is what you made it. If you do not like it, God has provided a way for you to change it, and the way is through the acceptance of the currents of the ascension flame."

Do you know of incidents in your life that were influenced by past events?

When I first heard this teaching from Serapis Bey, it was as though a light had gone on in my consciousness. I thought, "Ah! That explains many things I have always wondered about." By the grace of God, I have had a fairly satisfactory present life, and I learned to my surprise that I had few trying experiences because of a certain amount of good karma brought over from past lives.

Therefore, when I heard that "the future is what you make it," I decided right then and there that my future was going to be the ascension. And I determined at that moment to make the ascension the goal of my life and to work toward it unceasingly.

5. Is the concept of the ascension new to you? Have you ever related it to anyone other than Jesus?
6. Is there any way you can change your life or your daily schedule to allow more time for meditation and contemplation and yet still perform your responsibilities to family, your profession, et cetera?

Chapter Two

1. How can you remove the sense of struggle from your life?
2. Is your goal to balance more than 51 percent of your karma?

Even though we have been offered the dispensation of ascending with only 51 percent of our karma balanced, it is much more difficult and time consuming to balance the remaining 49 percent from the inner planes after our ascension. I, for one, am trying to balance just as much of my karma as I possibly can while I am still in physical embodiment.

We have been told that when we are in the ascended state we still must contact people on earth and yet we have no means of reaching them physically. The metaphor that was used to explain it to me was that we had to lift a glass of water with no hands. Therefore, we can only reach those who are receptive to higher vibrations.

So work as hard as you can while you are still in physical embodiment to balance as much of your karma as possible. Don't stop at 51 percent! Aim for 100 percent! That is what I am doing.

3. El Morya says, "Little keys unlock the biggest doors, and man must be ready to walk through and not stand hesitatingly upon the threshold."

There are many "little keys" hidden in this text and in other writings of Serapis. I have included a list of some of my favorites. Can you add to them and make your own notebook of key teachings, not only on the ascension but also on the instruction of the other masters whom you met in this book? As you continue to read devotional books, I think you will find joy in compiling your own book of keys. Look back over it from time to time when the going gets tough. It will give you new hope.

- ✧ The ascension in the light is the victorious return to God from whence we came.
- ✧ The ascension is the beginning of the kingdom for each one.
- ✧ The ascension is the fulfillment of the will of God for every man.
- ✧ The ascension flame is a flame of hope.
- ✧ The ascension is a very present reality.
- ✧ You ascend daily.
- ✧ The path of the ascension is the path of love. It is love and the dream of love fulfilled.
- ✧ The ascension flame is more than a flame of white fire. It is a thing of joy and beauty forever. It is an endless visualization, constantly moving, constantly changing, spiraling upward.
- ✧ The ascension is God's desire for every man.
- ✧ The ascension in the light is the goal of all life on earth, whether or not all life is aware of it.
- ✧ In order to ascend, you must abandon your past to God, knowing that he possesses the power, by his flame and

identity to change all that you have wrought of malintent and confusion into the beauty of your original design. Cast aside illusion and be willing, in the name of Almighty God, to change your world.

- ✧ With the ascension, the last enemy, death, is destroyed.
- ✧ The ascension must be desired and it must be desired ordinately, not as a mechanism of escape from responsibility or from worldly duties.
- ✧ The ascension currents can hurt no one.
- ✧ The flame of the ascension is the key that unlocks the door to immortality for every man.
- ✧ To ascend is to blend in cosmic unity with the heart of the Eternal.
- ✧ The process of the ascension is one of utter forgiveness.
- ✧ Immortality is of a high price, and it demands the allness of men from the smallness of men.
- ✧ The way of escape for every man is the path of the ascension. This is the gift of God to each one, whether men realize it or not.
- ✧ Let all understand that the ascension is won just as much by good works and devotion to God, by service to our fellowman, by service to the light, by decrees offered on behalf of mankind, and by the many avenues of the Brotherhood as it is won by direct study of the mechanical process in the ascension itself.
- ✧ The ascension is an inevitable part of the divine system.
- ✧ The ascension is the capstone on the Pyramid of Life.

Chapter Three

1. Read *Lords of the Seven Rays*. (See the bibliography, page 254.) This gives a full biography of the many ascended masters and their service.
2. You may want to read *The Count of Saint-Germain*, by Isabel Cooper-Oakley (Blauvelt, N.Y.: Rudolf Steiner Publications, 1970). It is an interesting biography of Saint Germain's life in Europe and the events it recounts occurred

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The Path to Your Ascension will help you rediscover what your soul has known from the beginning—that life *does* have a higher purpose. And each encounter along the way, no matter how difficult, is a stepping stone that will lead you back to your source.

The world's religions have singled out great masters who succeeded in making this trek and “ascended” to God. Elijah was swept up into heaven in a chariot of fire. Gautama Buddha entered Parinirvana. Padma Sambhava attained the great liberation. Jesus ascended to his Father, and Mary was assumed into heaven.

But these masters were not exceptions to the rule. They were teachers, mentors, examples. They came to show us how we, too, can master the circumstances of our life and walk the path home to God.

The Path to Your Ascension shapes the wisdom of these ascended masters into a personal guide for your own soul's liberation. It offers practical techniques to accelerate your spiritual growth. It describes the angels and masters who have volunteered to help you achieve your goal. And in down-to-earth terms, sprinkled with touching anecdotes, it reveals your greatest opportunities for spirituality—and the most serious challenges to making it all the way home.

*Filled with warmth, wisdom and hope,
The Path to Your Ascension will empower you
to focus on what's really important in life.*

